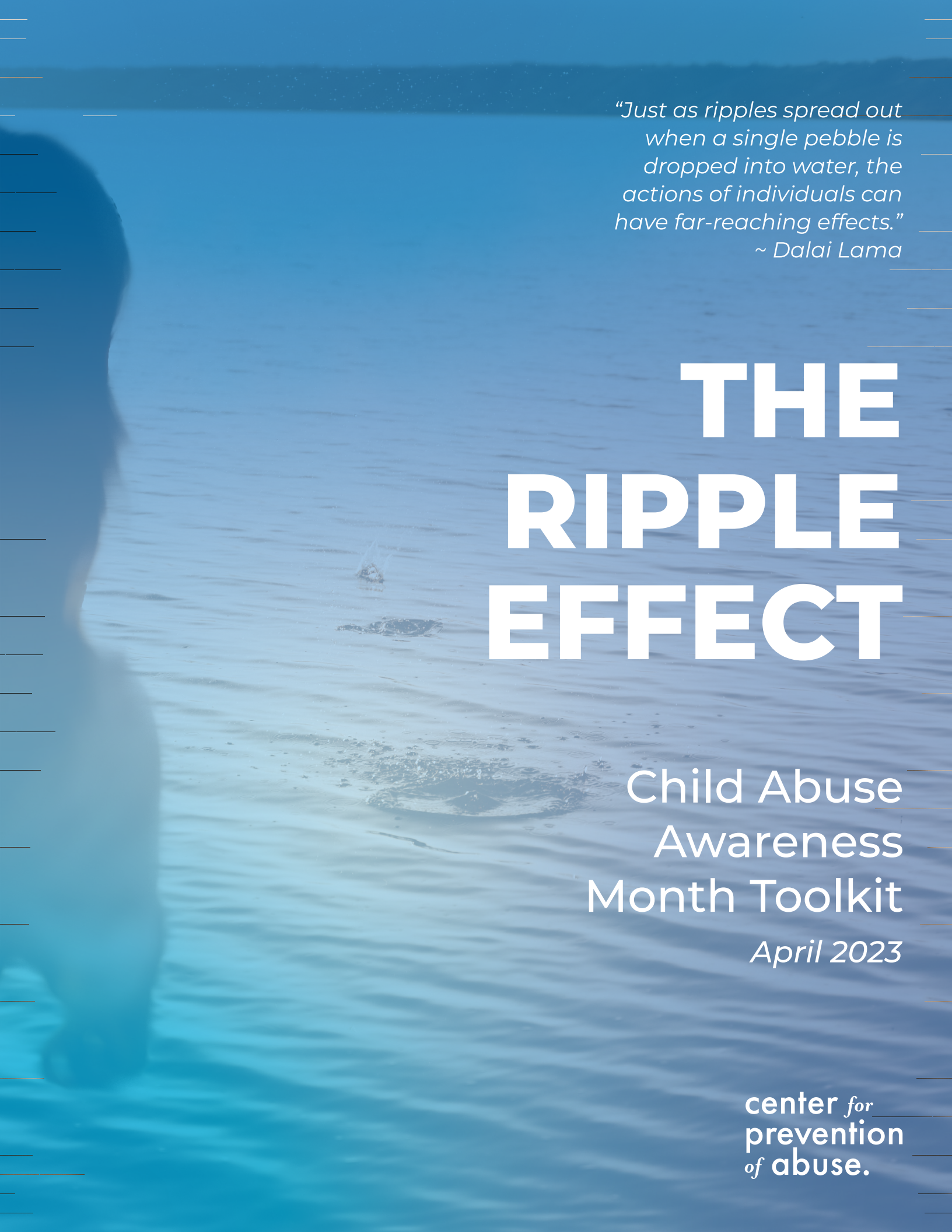

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects."
~ Dalai Lama

THE RIPPLE EFFECT

Child Abuse Awareness Month Toolkit

April 2023

center *for* prevention *of* abuse.

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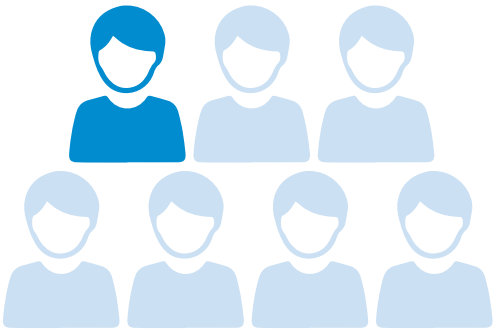
FACTS & STATISTICS

1 in 3 girls
& **1 in 6 boys**
will be sexually abused before they turn 17 years old

School personnel identify **52% of all identified child abuse cases** classified as causing harm to a child, more than any other profession or organizational type, including child protective services, agencies and the police



At least **1 in 7 children** have experienced child abuse and/or neglect in the past year

Child abuse crosses **all** socioeconomic and educational levels, religions, and ethnic and cultural groups

Every **10 seconds** a child is abused or raped

For every report, **two more go unreported**

Child sexual assault happens **every two minutes**

The U.S. loses on average **6 children every day** to child abuse and neglect

Sources:
https://arkofhopeforchildren.org/child-abuse/child-abuse-statistics-info
https://www2.illinois.gov/dcfs/safekids/reporting/Pages/index.aspx
https://www.cdc.gov/violenceprevention/childabuseandneglect/fast-fact.html#:~:text=At%20least%201%20in%207,experience%20more%20abuse%20and%20neglect.
www.Darknesstolight.org

BODY SAFETY RULES

Body Safety Rules

1. Say No! In a strong, assertive voice

2. Get Away! To a safe space where others can help

3. Tell Someone! A safe, trusted adult (someone 16 years or older)

4. Be Believed! Keep telling trusted adults until someone helps

Private Body Parts Rule

The first part of the Private Body Parts Rule says: no one should ask to see or touch the areas of your body where your swimsuit covers unless they are helping you to be CLEAN or HEALTHY.

The second part of the Private Body Parts Rule says: no one else should ask you to see or touch the areas of their body where their swimsuit covers.

Source: secondstep.org/child-protection

PreventEd: Sexual Abuse **Curriculum Details**

PreventEd: Sexual Abuse is a unique body safety and abuse prevention program serving school aged children Pre-K through 12th grade and explores the differences between normal physical contact *(safe touches)* and child sexual abuse *(unsafe touches)*. Each individual presentation is based on the four body safety rules: "Say No, Get Away, Tell Someone, and Be Believed," and helps children identify safe adults to talk to if they are in danger or experiencing abuse. Once the 30–45 minute age-specific body safety programs are completed, the students will have received the prevention education required by "Erin's Law."

Erin's Law & Meeting State Mandates

On January 24, 2013, Governor Pat Quinn signed into law "Erin's Law," which requires all public Illinois schools to provide age-appropriate child sexual abuse prevention education for students PreK–12th grade annually. The goal is to empower children with their voice and to give them the tools to be able to tell an adult about an unwanted or unsafe touch right away instead of being silenced by their perpetrator (*www.erinslaw.org*).

The Center for Prevention of Abuse's *PreventEd: Sexual Abuse* curriculum fulfills this state mandate by providing sexual abuse prevention education to students in classrooms across the Tri-County area, staff training on sexual abuse prevention and parent education on sexual abuse warning signs and services CFPA provides.

To request this programming, please contact Laura Kowalske, Director of Prevention Education, at lkowalske@centerforpreventionofabuse.org.

PRAISE FOR CFPA

This program is SO important for students! The staff always does an amazing job making their presentations appropriate.

I was very pleased with this presentation. This topic can be very uncomfortable and awkward for students. Information was presented in a very tactful way that allowed students to interact comfortably.

I appreciate the simple steps, explanation and modeling. We need this more and more.

Great discussions! I like that the video makes the students think rather than just explaining or giving answers. The educator did a good job of explaining key terms and concepts and gave amazing responses to difficult questions.

The presenter did a great job presenting a difficult topic in an age-appropriate way. The students were engaged and understood what was being shared.

Great job generating conversation with 5 year olds – Body Safety Rules are very simple and easy for kindergarteners to understand.

I enjoyed the book *(Sis & Me)* for the kids. I think it was on level for them. I liked the reminder by the educator and the book to tell and speak up until someone helps.

This is a great conversation and presentation to share with primary age students. Your staff conducted themselves in a very professional manner. I believe my students understood the content and will be able to respond appropriately if a situation should arise.

CHILD ABUSE DEFINED

There are different types of abuse. It can be sexual, physical and/or neglect. All of these types of abuse have lasting physical and emotional effects.

Sexual Abuse occurs when an adult or older minor child touches a child in the private parts of their body, asks a child to touch their private parts or shows a child pictures or videos with sexual images.

Possible signs of sexual abuse:
- Unexplained burns, bruises, black eyes or other injuries
- Apparent fear of a parent or caretaker
- Faded bruises or healing injuries
- Injuries that do not match the explanation
- Difficulty walking or sitting, or other indications of injury to the genital area
- Sexual knowledge or behavior beyond what is normal for the child's age
- Running away from home

Physical Abuse is when an adult or older minor hurts a child's body on purpose repeatedly leaving marks such as bruises, welts, burn marks, broken bones, black eyes, etc.

Possible signs of physical abuse:
- Unexplained burns, bruises, black eyes or other injuries
- Apparent fear of a parent or caretaker
- Faded bruises or healing injuries
- Injuries that do not match the explanation

Neglect is when a child's basic needs are not provided for (food, water, shelter, clothing and medical care). As long as the caregiver is doing their best to provide for their child, it is not neglect. Neglect is purposely not taking care of one's child.

Possible signs of neglect:
- Frequently missing school
- Begging for or stealing food or money
- Lacking needed medical or dental care
- Being frequently dirty
- Using alcohol or other drugs
- Saying there is no one at home to take care of them

Many of these signs may also be present in children exposed to violence in their homes and communities, like domestic violence and gang violence. These signs don't prove that a child is being abused, but they could be a signal that the child and their family may need help.

If you suspect a child is being abused or neglected in Illinois, call 1-800-25-ABUSE (1-800-252-2873).

Source: Prevent Child Abuse Illinois www.preventchildabuse.org

WHAT TO DO IN A PUBLIC PLACE

Start a conversation with the adult to direct attention away from the child.

FOR EXAMPLE:

- "She seems to be trying your patience."
- "My child sometimes gets upset like that, too."
- "Children can really wear you out sometimes. Is there anything I can do to help?"

Divert the child's attention (if misbehaving) by talking to the child.

FOR EXAMPLE:

- "That's a great baseball cap. Are you a Cardinal's fan?"
- "I like your t-shirt. Did you get that on vacation?"

Look for an opportunity to praise the parent or child.

FOR EXAMPLE:

- "He has the most beautiful eyes."
- "That's a very pretty shirt on your little girl. Where did you get it?"

If the child is in danger, offer assistance.

FOR EXAMPLE:

- If the child is left unattended in a grocery cart, stand near the child until the parent returns.
- If the child is in immediate danger, call the police!

Avoid negative remarks or looks.

- Negative reactions are likely to increase the parent's stress or anger, and could make matters worse for the child.

CALL THE DCFS HOTLINE: 1-800-25ABUSE (1-800-252-2873)

Adapted from Prevent Child Abuse America www.preventchildabuseillinois.org

I Run With Survivors 5K/1 Mile Walk

AWARENESS ACTIVITIES

Sample Daily Announcements

Day 1

Being familiar with body safety rules is important to keep yourself safe and protected. Say "no" in a strong, assertive voice. Get away to a safe space where others can help. Tell a safe, trusted adult. And keep telling trusted adults until you are believed and someone helps.

https://www.secondstep.org/child-protection

Day 2

A kid who is being hurt should tell a trusted adult right away. No matter what the abuser says, abuse is always wrong — and a kid can ask for and get help in a few different ways. Tell an adult you trust. You could tell someone at school, like a school counselor, school nurse, teacher, or coach. Or tell a friend's mom or dad, big brother or big sister.

https://kidshealth.org/en/kids/handle-abuse.html

Day 3

Some kids are abused by strangers, but most are abused by someone they know—a parent or stepparent, another relative, a babysitter, a teacher or an older kid. Abuse can happen to all kinds of kids, no matter where they live or how much money their families have. It can happen just about anywhere—at home, school, day care or the playground.

https://ovc.ojp.gov/sites/g/files/xyckuh226/files/pubs/helpseries/pdfs/CATipSheet.pdf

Day 4

No matter what, abuse is never your fault and you don't deserve it. It's normal to feel upset, angry and confused when someone hurts you. But don't blame yourself or worry that others will be angry with you. Even if you think you've done something wrong, that does not make it okay for someone to hurt you. All kids deserve to have adults in their lives who love and support them as they grow up.

https://ovc.ojp.gov/sites/g/files/xyckuh226/files/pubs/helpseries/pdfs/CATipSheet.pdf

Day 5

Think before you post, don't add people you don't know, never send inappropriate pictures or content and never give your address or other personal information on social media sites. These tips will help keep you safe and protected while on the internet.

https://www.childwelfare.gov/topics/management/workforce/socialmedia/safety/#:~:text=Social%20Media%20Safety%20Tips%20for%20Children%20(opens%20in%20new%20window)&text=Tips%20include%20think%20before%20you,information%20on%20social%20media%20sites.

Body Safety Activity: Boundaries

Length: 25–30 minutes

Supplies Needed: measuring tape, paper, pencil

Objective: to help recognize and establish personal boundaries

Activity:

Each person will in turn play all three roles

1. The person who stands still and says "STOP"
2. The person who walks toward the person who is standing still
3. The observer and measurer

Begin by having one student *(the walker)* stand far away from another student *(who stands still)* but still within calling distance. The person standing still says STOP when they feel that their personal space is being invaded and feels uncomfortable by the presence of the walking person who has gotten close to them. The third person who is observing measures the distance between the two peoples' toes after the walking person has been told to STOP. Write down the distance on a sheet of paper.

Debrief:

1. How could you tell when a person's personal space had been invaded? What behaviors did you notice?
2. What are some consequences of not stopping when you are asked to stop?
3. Why do you think setting boundaries is important?

Source: https://www.jkffc.org/resources/activities-for-children-teens/

AWARENESS ACTIVITIES

Sis & Me: Down By The Sea

Created by the CFPA Prevention Education department and featured as part of *PreventEd: Sexual Abuse* curriculum for elementary students, the following is a sample from "Sis & Me: Down by the Sea," a book about boundaries, safe touches and child sexual abuse prevention.

Excerpt from pages 29–30

"Once we were clean, we headed to the car. Then Mother stopped to remind us before we got too far,

'You should always tell a grownup that is trusted to you, like Daddy or Grandma, even your teacher too,

When you feel unsafe or it's something you're unsure about, talking to a trusted adult can help you figure it out.'"

AVAILABLE FOR ONLINE PURCHASE HERE:

amazon

BARNES & NOBLE

lulu

SCAN THE QR CODE TO PURCHASE ONLINE NOW!

Participate in Wear Blue Day

Blue is the official color of Child Abuse Awareness month! Wear your favorite blue attire on Friday, April 7th to show support for child abuse awareness and prevention! Wearing blue connects you to millions of others across the country who support child abuse prevention efforts, strong families and healthy children. Don't forget to snap a picture and use the hashtags #GreatChildhoods, #GoBlueIllinois or #CFPA to share your school's participation on Facebook or Instagram!

center *for*
prevention
of abuse.

309.691.0551 | 1.800.559.SAFE (7233)
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